



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

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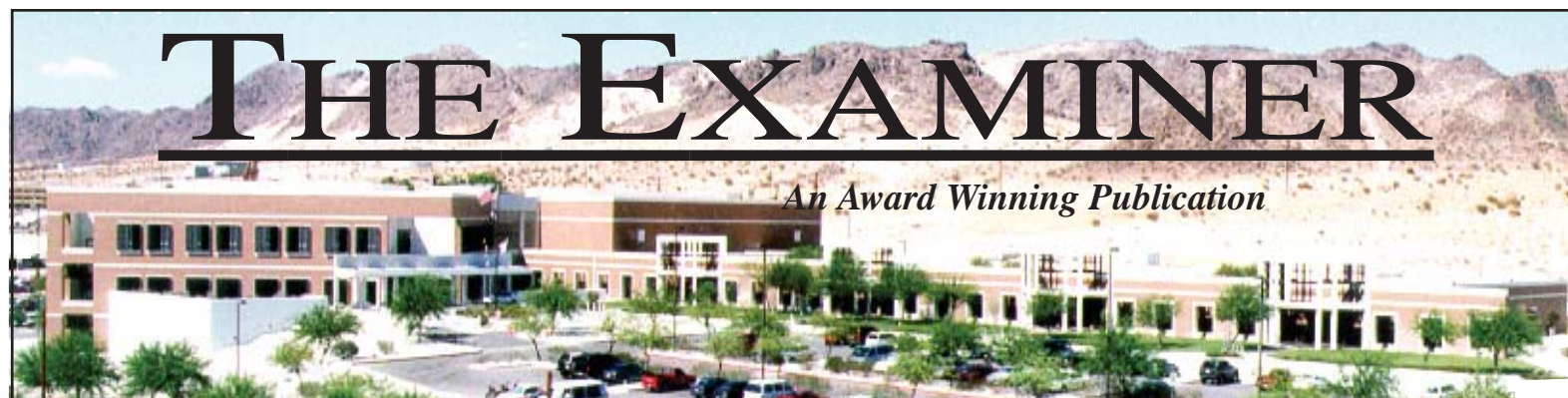
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

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To report Fraud, Waste and Abuse contact one of the below offices by calling:

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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTF TC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

Retention Excellence Award Bestows Right to Paint Anchor Golden



The anchor, with its ship designation, LS 66, before it was painted.



L-R: Hospitalman Recruit Marcela Trejoespinoza, Hospitalman Nico Herrera and Hospitalman Apprentice Diana Lampke clean off the old paint before applying the new. Not pictured: Mr. Jason Arestizabal, NHTP Facilities Department.



When the painting project was over 50 percent completed, NHTP leadership, Department Heads and Chiefs posed for a photo. HM1 Travis Campbell is center with the paint brush.



Left: The newly painted ship's anchor gleams in the morning sun.

The Retention Excellence Award, formerly known as the Golden Anchor Award, recognizes commands meeting or exceeding retention goals for the fiscal year. Winners of this award may immediately paint their anchors gold and fly the Golden Anchor pennant until the next fiscal year's winners are announced. Winning the award is considered a reflection of the Command's career counselor as well as its Commanding Officer. NHTP's career counselor, Hospital Corpsman First Class Travis Campbell, noted that all U.S. Naval commands are eligible for this award; and that Navy Medicine West command inspectors thoroughly vetted all aspects of his program. HM1 Campbell noted that the NHTP program received a 98 percent on the inspection; "but that's just one component," HM1 Campbell explained. "We are judged on our attrition rate for first-term Sailors, which must be below five percent as well as on a large number of career readiness standards. It is truly a command award because you have everyone from department heads, Navy Chiefs and leading petty officer positively influencing Sailors to want to reenlist" HM1 Campbell said.

A note to our readers:

It has been a distinct honor to be editor of The Examiner. I came aboard in August, 2013, taking over from the previous editor and public affairs officer, Mr. Dan Barber, an NHTP plank owner who established The Examiner not long after the hospital was commissioned in 1993. It has been a pleasure highlighting the accomplishments and milestones of our Sailors and civilian staff. Time and change are relentless taskmasters, though; and this June 2018 Examiner will be the final publication in its current form. NHTP leadership is currently considering an on-line publication. Rest assured, the programs, personnel and institutional accomplishments will continue to be covered, highlighted and disseminated through the command Facebook page (*Naval Hospital Twentynine Palms*) and through the Defense Media Activity, specifically the Defense Visual Information System (DVIDS). I would like to offer a huge shout-out and thank you to our loyal readers.

-- Dave Marks

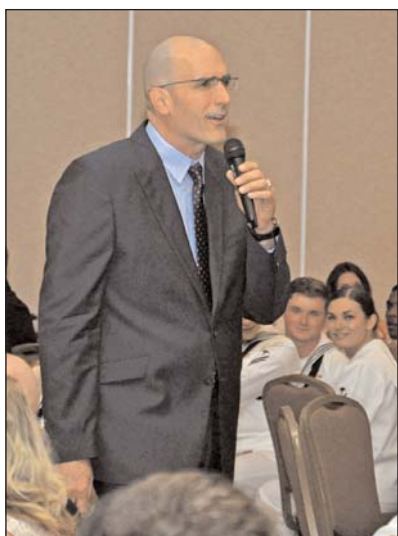


NHTP Chief Medical Officer, Cmdr. Mark Lund, presents "the Science of Safety" during Patient Safety Hour, June 7. The Patient Safety Hour is an on-going series of talks in which resident subject-matter experts offer individual perspectives regarding high-reliability organizations and how we, as an organization, can incorporate principles and safety practices to achieve even greater reliability.

Corpsman Ball Celebrates Legacy, Strength and Valor



Corpsmen, other Sailors and their guests took to the dance floor at the 2018 Marine Air Ground Combat Center Corpsman Ball, held June 16 at the JW Marriott, Palm Desert, California.



Above left: Force Master Chief (Retired) Terry J. Prince was guest of honor and guest speaker at the 2018 Corpsman Ball. Above right: Hospital Corpsman react to ForceM (RET.) Prince's remarks.



Hospital Corpsman First Class Serrita Coleman was Master of Ceremonies for the 2018 Corpsman Ball. See more pictures on the NHTP Facebook page.



Hospital Corpsman Third Class Oscar Valle (third from left) represents the Optometry Department for the Best of the Best Award. The Best of the Best Award recognizes customer service excellence at the departmental level. For 2nd quarter, 2018, the NHTP Optometry Department achieved this distinction and honor. The award reads: "The interactive customer evaluation and direct patient feedback reflected your dedication to high-quality customer service. We have all taken note of the enthusiasm and extra effort your department has put forth. Thank you for your department's significant contribution to the overall success of Naval Hospital Twentynine Palms. I commend you all for a job 'well done' and wish you all continued success in your future endeavors." --Capt. Nadji Hariri, NHTP Commanding Officer.

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Commanding Officer

Capt. Nadjmeh M. Hariri, DC, USN

Executive Officer

Capt. Patrick K Amersbach, NC, USN

Command Master Chief

HCMC (SW/AW/FMF) Jerry Ramey, USN

Public Affairs Officer/Editor

Mr. Dave Marks

Command Ombudsman

Mr. Brent Harris (760) 668-1178 email: nh29ombudsman@gmail.com

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
E-mail: david.m.marks.civ@mail.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Trauma and Treatment: The Rest of the Story

**By Lt. Cmdr. J.A. Hoyos,
NHTP Mental Health
Department**

Some find it surprising that post-traumatic stress disorder (PTSD) reflects a natural brain phenomenon: Your mind has shortcuts for learning automatic responses that are critical to your survival. When a person experiences a life-threatening situation (like a severe motor vehicle accident, sexual trauma or combat), various parts of the brain register the danger and write a kind of “script” for responding to triggers that might suggest that trouble is ahead.

The mind looks for signals in the environment (such as sights, sounds or smells) that peril is imminent so that the person can protect him/herself. The problem is that this script can come to dominate the person’s daily experiences in ordinary and safe situations. This can produce significant high anxiety, panic symptoms, irritability and a variety of changes in behavior.

Chronically high anxiety can

keep the person from attending to their work, hobbies or family. This anxiety can drive some to avoid situations, people, thoughts or even conversations that remind them of their traumatic event. The time and energy spent on all of this avoidance can get in the way of daily living in a number of ways. It may also cause the person to shy away from shopping, family outings or other social activities. Patients commonly see changes in their overall mood. They may have a distorted view of their self; and may further misunderstand how the world views them.

A person with significant past trauma may come to believe that “the world is always a dangerous place” or carry a gnawing guilt that somehow they deserve their trauma. Some blame themselves for not having prevented the event by taking a different course of action. Occasionally, some will feel like they are reliving a moment of the event while in the midst of their daily life, an experience commonly called a flashback. All of these

issues along with stressful dreams and nightmares can affect sleep.

A short temper, drinking more heavily than usual, feeling emotionally disconnected from loved ones, and difficulty with attention are also common responses to trauma. Ultimately, these issues can take a toll on home lives, relationships, and work--which further contributes to the symptoms. The avoidance that was discussed earlier is often what keeps patients from seeking help. When a patient needs care and doesn’t seek it out, it’s not surprising he/she continues to “feel stuck” in their problems or have feelings of hopelessness that they’ll never improve.

Thankfully, most people who experience a traumatic event eventually recover with the help of a supportive social circle. However, when these symptoms and behaviors persist, a clinician may make a diagnosis of PTSD. Even when symptoms don’t line up perfectly with the conventional understanding of

PTSD, it’s important to address any trauma-related symptoms that continue to impact daily functioning over time.

For anyone with a history of a psychologically traumatic event, there is reason for hope. We have well-established therapy treatments for these problems as well as clinicians in the Departments of Defense and Veterans Affairs with specialized training to offer such treatment.

The therapies currently recognized in the DoD and VA as being most effective and rigorously researched are Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Eye-movement, Desensitization and Reprocessing (EMDR). Each of these approaches works in a different way. CPT focuses on learning new ways of thinking; PE focuses on retraining the brain to respond in a healthier way to reminders of the trauma; and EMDR allows a controlled means for reprocessing painful memories. No one therapy is right for everyone; but patients

can explore their options with a clinician who will help them choose the therapy that is best for them.

While there is no medication that can “cure” PTSD, there are many safe and non-habit forming options to help with sleep problems, nightmares, anxiety and mood problems that are common in patients with PTSD. Oftentimes, medications can help reduce the impact of the symptoms while the patient undergoes high-quality therapy to work through their trauma. To get connected with therapy or medication, make contact with your primary care manager.

It can be said that trauma-related symptoms are a natural reaction to an unnatural event. Over time, not everybody that experiences trauma will go on to develop a clinical problem. Those who remain burdened by an extreme event in their past often discover that -with help- the mind can write a new script. Pain and trauma may be a part of one’s past, but they need not write the future.



Lt. j.g. Dale Wolkenhauer had his Officer’s Oath administered by Capt. Roger Bunch during the June 8 Awards Ceremony. The former Senior Chief Hospital Corpsman received a direct accession into the Medical Service Corps. Far right: NHTP Chiefs formed up and Command Master Chief Jerry Ramey rendered the first salute to Lt. j.g. Wolkenhauer.



Awardees...

First Friday Colors are a celebration of military and civilian NHTP staff, recognized for their achievements, milestones and awards. These photos are from the May 4 award ceremony. Commanding Officer, Captain Nadji Hariri, is the presenter, with Captain Jeffrey Bledsoe, Acting Executive Officer and Command Master Chief Jerry Ramey.



Hospital Corpsman Third Class Jefferson Bragado is awarded the Navy and Marine Corps Achievement Medal.



Personnel Specialist Third Class Rachel Dietz is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpsman First Class Gabriel Avila is presented with a Letter of Commendation recognizing his selection as NHTP Sailor of the Quarter for first quarter FY 2018.



Hospital Corpsman Second Class Jeremy Tessier is presented with a Letter of Commendation recognizing his selection as Sailor of the Quarter for the first quarter, FY 2018.



Hospital Corpsman Third Class Jomar Jean is presented with a Letter of Commendation recognizing his selection as NHTP Junior Sailor of the Quarter for first quarter FY 2018.



Hospitalman Amber Longacre is presented with a Letter of Commendation recognizing her selection as NHTP Blue Jacket of the Quarter for first quarter FY 2018. Hospitalman Longacre received an additional Letter of Commendation citing her excellence as a General Duty Hospital Corpsman at the Adult Medical Care Clinic.



Lt. Michael Kantar is presented with a Letter of Commendation citing his selection as NHTP Officer of the Quarter for FY 2018.



Ms. Theresa Partin is presented with a Letter of Commendation citing her selection as Junior Civilian of the Quarter for FY 2018.



Hospital Corpsman Second Class Gustavo Domingueztrejo is presented with a Letter of Appreciation for his volunteer efforts in Joshua Tree for Easter sunrise service.



Hospitalman Joshua Creech is presented with a Letter of Appreciation for his volunteer efforts in Joshua Tree for Easter Sunrise Service.



Culinary Specialist Seaman Germaine Dimapilis is presented with a Letter of Appreciation for her volunteer efforts in Joshua Tree for Easter Sunrise Service.



Hospitalman Recruit German Acosta is presented with a Letter of Appreciation for his volunteer efforts in Joshua Tree for Easter sunrise service.



Hospitalman Teodoro Legaspi is presented with a Letter of Appreciation for his volunteer efforts in Joshua Tree for Easter Sunrise Service.



Hospitalman Anthony Visneyi is presented with a Letter of Appreciation for his outstanding performance as a Morale, Welfare and Recreation Committee representative supporting the Spring Fling event.



Hospitalman Christian Barnard is presented with a Letter of Appreciation for his outstanding performance as a Morale, Welfare and Recreation Committee representative supporting the Spring Fling event.



Culinary Specialist Second Class Francis Deodatticadiz is presented with a Letter of Appreciation for his outstanding performance as a Morale, Welfare and Recreation Committee representative supporting the Spring Fling event.



Ms. Jennifer Lamberth is presented with a Letter of Appreciation for her outstanding performance as a Morale, Welfare and Recreation Committee representative supporting the Spring Fling event.



Hospitalman Isis Aguirre is presented with a Letter of Appreciation for her outstanding performance as a Morale, Welfare and Recreation Committee representative supporting the Spring Fling event.



Drug Education for Youth (DEFY) isn't just an illegal drug discouragement program. DEFY Sailor leaders take local youth on field trips, conduct nutrition and personal finance classes and are role models.

L-R: Capt. Jeffrey Bledsoe, Capt. Nadji Hariri, Hospital Corpsman First Class Bryan Tullao, Hospital Corpsman Second Class Jonathan Jones, Command Master Chief Jerry Ramey.



The NHTP Directorate for Public Health won the Captain's Cup Challenge, which ran from April 2017 to April 2018. In this year-long challenge, NHTP departments recruit 10-person teams. Each group then documents points earned through specified tasks, such as exercising a minimum of 20 minutes per day, daily fruit and vegetable consumption, accruing pedometer steps and other activities.



Information System Technician Second Class Austin Boone (left) is congratulated by Senior Chief Hospital Corpsman Victor Isarraraz after being pinned to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Third Class Garibardy Ovalle (center) stands proudly with Shipmates, Yeoman Second Class Charles Castillo and Ms. Erica Andaya, after they pinned him to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Third Class Destin Alvarez stands proudly with HM3 David Summers and HM1 Lisa Scott after being pinned to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Third Class Stephanie Blubaugh is congratulated by her husband (left) HM3 Michael Maglothin and Shipmate (right), HM1 Clint Canonigo, after being pinned to her present rank in the June 8 frocking ceremony.



Hospital Corpsman Third Class Cesar Garcia poses proudly with his wife after she pinned him to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Second Class Gustavo Domingueztrejo is presented with a Letter of Appreciation for his volunteer participation in the Joshua Tree Easter Sunrise Service event.



Hospital Corpsman Third Class Angel Saucedo poses with gleeful Lt. Cmdr. Danielle Robins after she pinned him to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Third Class Amanda Tessier was pinned to her present rank by her proud husband, HM2 Jeremy Tessier in the June 8 frocking ceremony.



Hospital Corpsman Second Class Christina Keithley is presented with a Letter of Appreciation for her participation in the Diversity Fair volunteer event.



Personal Specialist Seaman Jerron Gipson is presented with a Letter of Appreciation for his participation in the Diversity Fair volunteer event.

First Friday Colors are a celebration of military and civilian NHTP staff, recognized for their achievements, milestones and awards. These photos are from the June 8 award ceremony. Commanding Officer, Captain Nadji Hariri, is the presenter, with Executive Officer, Captain Patrick Amersbach, and Command Master Chief Jerry Ramey.



Lt. Cmdr. Meredith Neal is awarded the Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Karen Sanchez is awarded the Navy and Marine Corps Commendation Medal.



Lt. Cmdr. Bettina Solwazi is awarded the Navy and Marine Corps Commendation Medal.



Lt. j.g. Dale Wolkenhauer is awarded the Navy and Marine Corps Commendation Medal. [Editor's note: Don't be confused by the Senior Chief insignia. Lt. j.g. Wolkenhauer is sworn in as a Medical Corps officer by the end of the ceremony].



Mr. Julian Leyba is presented with a Federal Length of Service Award in grateful recognition and appreciation for his 35 years of faithful service to the federal government.



Hospital Corpsman First Class Travis Campbell is presented with the Military Outstanding Volunteer Service Medal Award for donating 438 hours over the past six years.



Hospital Corpsman First Class Alfredo Ruiz is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpsman Third Class Michael Combs is awarded the Navy and Marine Corps Achievement Medal.



Culinary Specialist Alain Icasiano is awarded the Navy and Marine Corps Achievement Medal.



Hospital Corpsman Third Class Jomar Jean is awarded the Navy and Marine Corps Achievement Medal.



Culinary Specialist Second Class Alissandro Deleon stands with his proud family after being pinned to his present rank during the June 8 Frocking Ceremony.



Hospital Corpsman Second Class Jacob Adams (right) is congratulated by Chief Hospital Corpsman Dave Domantay after being pinned to his present rank in the June 8 frocking ceremony.



Hospital Corpsman Second Class Erika Fernandez stands proudly with her spouse after being pinned to her present rank in the June 8 frocking ceremony.



Hospital Corpsman Second Class Michelle Muraski (left) is congratulated by HM1 Travis Campbell after being pinned to her present rank in the June 8 frocking ceremony.



Hospital Corpsman Second Class Alexander Marriott stands proudly with his spouse and Ben Clark after being pinned to his present rank in the June 8 frocking ceremony.

